



H.E.F. CANADA QUARTERLY

The Human Ecology Foundation of Canada

Volume VIII, Number 4 TABLE OF CONTENTS December 31, 1986

President's Message	1
KEEPING A DIET DIARY	
by Del Stigler, M.D.	2
ECOLOGICAL FOOD SHOPPING ON A BUDGET	
by Dr. Virginia R. Salares	8
CROSSTALK - Letters and Inspirations from Our Readers	
THANK YOU FOR BEING THERE	
by Eva Davis	11
THE ADVENTURES OF ALLERGYMAN	
by Lamont Goetz	12
INDOOR AIR POLLUTION READING LIST	
by Maurice J. Guilfoil	13
ECOLOGICAL ILLNESS LAW REPORT UPDATE	
about Earen S. Davis, J.D., M.P.H.	14
FOOD AND CHEMICAL SENSITIVITIES	
by Dr. Donald Bastedo	16
CLEANING PRODUCTS (excerpts from NONTOXIC & NATURAL)	
by Debra Lynn Dadd	21
KNOW YOUR BODY - What Is EDEMA?	
by Mary Merlin Nelson	23
IN THE NEWS	26
REPORT FROM FLORIDA 1986	
by John K. Blair, M.D.	30
CHEMICALLY SENSITIVE PEOPLE NEED HELP	
by Kip Park	34
THE ALIENS	36
EDITORIAL COMMENT	37
FOR FURTHER INFORMATION (Recommended Reading)	38
BOOKS AVAILABLE FROM H.E.F. CANADA	39
AN IMPORTANT ANNOUNCEMENT !!	39
H.E.F. CANADA MEMBERSHIP APPLICATION	40

Copyright (c) HUMAN ECOLOGY FOUNDATION OF CANADA QUARTERLY

Second Class Mail Registration Numbers - Ontario
6963 Georgetown 6964 Cambridge 6965 Dundas 6966 Ottawa

HUMAN ECOLOGY FOUNDATION OF CANADA

H.E.F. CANADA QUARTERLY

The H.E.F. Canada Quarterly is a publication of the Human Ecology Foundation of Canada, a charitable organization under Canadian law, operating on a non-profit basis. THE QUARTERLY is for people who are interested in health and its relation to our environment. It deals primarily with research in the field of clinical ecology, and also describes how people have improved their health by changes in habits, diet and environment. As such, it does not offer medical advice, and we urge persons wishing to experiment with changes in their lifestyle to do so with the help and guidance of a knowledgeable physician.

HUMAN ECOLOGY FOUNDATION OF CANADA

One of the purposes of our Human Ecology Foundation is to promote the free exchange of information on the prevention and treatment of ECOLOGICAL ILLNESS. People who are ecologically ill and/or environmentally hypersensitive are no longer able to adapt well to common and increasing exposures in their everyday environment. They may develop a variety of chronic or acute symptoms that are brought on by substances in the air, in food, in water, or in their home and/or workplace environments.

Natural inhalants such as pollens, dust and moulds, and even natural foods may begin to affect people adversely. This aspect of the condition is often referred to as "allergy", but the many synthetic chemicals that are now common around us can also cause symptoms, and overexposure to these can trigger ecological illness even in those with no history of allergy or other sensitivity to the environment. Symptoms may be mild and merely annoying, or they may become severe enough to interfere with a person's daily activities, family life, and career.

On a local basis, HEF branches work toward finding sources of chemically less-contaminated food, water, clothing, and household furnishings, as well as providing counselling on changes of lifestyle that may alleviate symptoms. H.E.F. and all its branches would like to encourage others to become involved not only in research on the effects of environment on health, but in working toward a healthier, less-polluted environment.

ENVIRONMENTAL HYPERSENSITIVITY IS A CHRONIC MULTISYSTEM DISORDER USUALLY INVOLVING SYMPTOMS OF THE CENTRAL NERVOUS SYSTEM AND AT LEAST ONE OTHER SYSTEM. (Thomson Committee Report 1985).

SUBSCRIPTION AND MEMBERSHIP

Membership in the Foundation includes a subscription to the HEF CANADA QUARTERLY which is published four times per year. Annual membership and subscription fee is \$20. WE INVITE NEW MEMBERS!

PRODUCT INFORMATION mentioned in THE QUARTERLY should be carefully evaluated for personal compatibility, since individual sensitivities vary widely. Mention of a product does not imply that H.E.F. endorses that product or service.

P R E S I D E N T ' S M E S S A G E

Season's Greetings, Members!

It has been a very busy year for me. I run a counselling service, have two active children, family obligations, many duties as your national president, and, along with Dr. John MacLennan, am currently organizing the 3rd Annual Symposium on Man and his Environment to be held in Ottawa on April 3rd and 4th, 1987. [See AN IMPORTANT ANNOUNCEMENT on pg. 39]

We were happy to accept a new branch in Moncton to our fold in 1986. Hopefully, more and more branches will be popping up in the future. In the spring, a new executive and new life will be emerging. It is up to you to get involved!

The American Academy of Environmental Medicine's conference in Florida was quite interesting. Our 1987 conference in Ottawa will continue the tradition of teaching and caring. There are always new methods and ideas emerging to help us in our quest for good health. Let's close by thanking those health care professionals who are working so diligently to reach this goal.

Ecologically yours,

Lynda J. Brooks, R.N.
National President

* * * * *

THE H.E.F. CANADA QUARTERLY is a communications line that belongs to all of us. We welcome your comments and contributions, your articles and inspirations. DON'T FORGET TO WRITE SOON!

THE H.E.F. CANADA QUARTERLY
Editor - Mary Merlin Nelson
261 Campbell Street
Winnipeg, MB CANADA
R3N 1B4

* * * * *

H.E.F. Canada Quarterly Credits

Technical Consultant - Timothy Nelson, B.C.Sc.(Hon.)
*Art Work - Mary Merlin Nelson and Patricia Nightingale
*Quarterly Mascot - ERGY The Alien
Proofreader - Patrick Niesink, B.C.Sc.(Hon.)

KEEPING A DIET DIARY

by Del Stigler, M.D.
Pediatrics and Clinical Allergy

Food allergies are the most common sensitivities in children, and most children who are allergic at all have some problem with foods. Tracking down food allergies must begin with careful record keeping in order to discover which foods are the most likely to be causing problems. This is accomplished by keeping a diet diary. It should list everything your child eats or drinks, his/her activities, environmental conditions, all symptoms which occur and times associated with each entry.

Step one, the baseline diet diary, is kept while feeding your child as you usually do, changing nothing in the diet, and should be kept for at least five to seven days. The baseline diet diary will help your allergist to determine which changes in your child's diet might be helpful. The diet diary should be kept throughout all changes in the diet, and as long as the child has any unresolved allergy problems. Take the diary each time you visit your allergist, even if you have not been specifically asked to do so. A diet diary will look something like this:

TIME	FOOD/DRINK/MEDS	ACTIVITIES	SYMPTOMS (1-4+)
Night		Sleeping	Wet bed
7:30 AM		Awakened	Coughing and stuffy nose 4+
8:15 AM	Cheerios/milk Frozen orange juice Scrambled egg/butter		
9:30 AM		Watching TV	Red cheeks x 1/2 hr.
10:00 AM	Apple juice		
Noon			Loose stool
12:30 PM	Tomato soup Hot dog/ketchup Canned peaches in syrup		
1:00 PM		Playing on grass	Runny nose 3+
3:00 PM	Cherry Koolaid Potato chips		
3:10 PM			Hyperactive 4+ Threw tantrum
4:00 PM		Petting cat	
5:30 PM	Fried chicken Mashed potatoes/gravy (milk, butter, flour), 8 oz. milk		
6:30 PM			Loose stool and red cheeks
7:30 PM	Vanilla ice cream		
8:15 PM		Bath	
8:30 PM		To bed	Stuffy nose 2+
11:30 PM			Night terror

Use a notebook to keep all your records together. Adjust the form so it is suitable to your own needs, as long as you continue to include all the information needed. DO NOT PUT OFF FILLING IN THE DIARY UNTIL THE END OF THE DAY. It is helpful to get in the habit of keeping the diary notebook and a pencil handy at all times so that you won't be tempted to delay the recording. Memory is no substitute for careful record keeping.

RECORDING FOODS, DRINKS AND MEDICATIONS

While keeping a diet diary, it is essential that everything your child eats or drinks be listed in complete detail. Medicines and vitamins should be included. Ingredients should be listed, and it is also helpful to include brand names. THIS MEANS YOU WILL HAVE TO READ LABELS, and you will likely be surprised at how much hidden sugar your child is getting, or how many foods contain corn or soy, or other things you thought your child never ate.

When reading labels, watch for derivatives of potentially allergenic foods. Following are some of the common derivatives:

MILK butter, whey, casein, caseinate, calcium caseinate, sodium caseinate, dried milk powder or solids, evaporated milk, condensed milk, lactose, cream, buttermilk, margarine, yogurt, lactate, lactalbumin, cheese, curds, whey.

WHEAT bran, wheat germ, bread crumbs, semolina, flour, enriched flour, durum flour, wheat flour, whole wheat flour, gluten, gluten flour, graham flour, malt, farina, modified food starch.

CORN corn syrup, starch, cornstarch, corn sugar, corn sweeteners, hominy grits, dextrose, malt dextrin, fructose, maize, shortening, vegetable oil, glucose, sorbitol, cerelese.

EGGS albumin, whole eggs, egg yolks, egg whites, dried eggs, powdered eggs, ovomucin, ovomucoid, vitellin or ovovitellin, meringue, livetin.

For foods or medicines used regularly, you may find it easier to make a separate list of ingredients in the back of your notebook, so that the daily listing of foods will not take so much time. For example:

Flintstones Chewable Vitamins with Iron

- the daily list can read simply: "vitamin - purple"

Campbell's Tomato Soup (contains tomato, milk solids, salt, etc., cooked with milk)

- and the daily list can read simply: "tomato soup"

As you will quickly see, feeding simple meals without a lot of processed prepackaged foods will simplify note keeping and will make it much easier to pinpoint your child's food

sensitivities. By removing artificial flavorings, colorings and other chemicals, you can determine your child's reactions to specific foods.

RECORDING ACTIVITIES AND ENVIRONMENTAL CONDITIONS

Activities and major weather changes should be included in your child's diary in order to help determine if environmental factors play a role in your child's allergies. Playing outside, petting a cat, falling asleep on the carpet, raking leaves, and so forth, should be noted, as well as wind, rain, a high pollution day, or a hard freeze. Note also if weeds, grasses, or trees nearby are pollinating.

RECORDING SYMPTOMS

Symptoms to include in the diary are the very things for which you sought help in the first place: congestion, cough, runny nose, rash, diarrhea, bed wetting or daytime accidents in an older child, mood swings. Watch also for red cheeks, character and frequency of stools (color, consistency - seedy, pasty, watery, etc.), itching (anywhere), redness around the anus or behaviour changes. IF YOU THINK YOU MIGHT BE SEEING AN ALLERGIC REACTION, BUT ARE NOT SURE, JOT IT DOWN ANYWAY.

You will probably discover a great deal about your child and the diet in the process of record keeping. BEAR IN MIND THAT THE FOODS EATEN MOST OFTEN ARE THE MOST LIKELY SOURCES OF ALLERGY. There will likely be different reactions to different foods, but each individual food will consistently cause the same reaction each time it is eaten. For example, milk may cause loose stools, and will do so each time milk (or a milk derivative) is consumed by your child, but peaches may give him/her a rash. There will not be a rash one time and diarrhea another with the same food. Each child will react differently.

RECORDING TIMES

Times should be noted in the diary for all items listed. This is important in order to establish which factor was the cause of the reaction. Foods usually take two to four hours to manifest a reaction, though they may react within minutes. The reaction may continue until the food is entirely eliminated from the digestive tract - usually three to four days. Some reactions last only minutes. Noting the time the reaction was first noticed and how long it lasts is very helpful. Pay special attention to your child's condition just before a meal or snack and about 30 to 60 minutes after s/he eats.

FOOD ELIMINATION AND CHALLENGE TESTING

Certain foods may cause reactions that you can easily pinpoint when keeping a diet diary. Others will not be so clear. Foods appearing in your child's diet very frequently may need to be eliminated completely for several days and then challenged to

see if they cause a reaction. ELIMINATE THE FOOD TO BE TESTED FOR AT LEAST FOUR TO FIVE DAYS. Read labels more carefully than ever, watching for all the hidden sources of the food to be eliminated. ALL DERIVATIVES IN ANY QUANTITY MUST BE AVOIDED DURING THE ELIMINATION PHASE.

When the food is first eliminated, the child may manifest worse symptoms and beg repeatedly for that food. These cravings and "withdrawal" symptoms are common when eliminating a potent allergen, and should not alarm you. This phase usually passes in a day or two, and the child's symptoms will appear to improve as the allergen is cleared from the body. The craving will also diminish. If the child is still in withdrawal after four days, hold off challenging the suspected food until the symptoms are stabilized. Bear in mind that most children have more than one food allergy, so not all the symptoms will vanish with the elimination of a single food.

After a food has been eliminated for at least four days (but not more than a week), it is time to challenge your child with that food:

1. Feed a normal breakfast which does not contain the food to be challenged.
2. Make sure your child is not coming down with any illness that day.
3. Wait 2 1/2 to 3 1/2 hours after breakfast and feed your child a good sized serving of the food to be tested.
4. The food should be in pure form - test milk, not cheese or yogurt; cream of wheat, not bread.
5. WATCH CAREFULLY FOR ANY REACTION.
6. If none appears, feed another serving of the food an hour later.
7. Lunch may follow thirty minutes to an hour later, and should not contain the tested food.
8. If no reaction is apparent in the afternoon, the evening meal should contain the challenged food.
9. ONCE YOU SEE A REACTION OCCURRING, DO NOT CONTINUE TO FEED MORE OF THE CHALLENGED FOOD THAT DAY.
10. Note all reactions carefully in the diet diary.

NOTE: IF YOU HAVE REASON TO BELIEVE YOUR CHILD MAY REACT SEVERELY TO A CERTAIN FOOD, CHALLENGE ONLY AFTER CONSULTING WITH YOUR PEDIATRICIAN/ALLERGIST. THE ELIMINATION AND CHALLENGE SHOULD BE USED AT HOME ONLY FOR SUSPECTED FOODS THAT ARE REGULARLY IN THE CHILD'S DIET.

If your child reacts severely to the challenge, you may give two to four Alka Seltzer Gold tablets within the first hour to neutralize the reaction.

Once you have pinpointed certain allergies, the food may have to be eliminated entirely for several months, and may then be gradually reintroduced in limited quantity once or twice a week. There are no hard and fast rules about how much of a given

allergen will be tolerated, or how often your child may be fed the offending food. Please plan to discuss the results of any food elimination and challenge with your pediatrician/allergist before deciding on a treatment plan.

SUGGESTIONS FOR COPING WITH FOOD ALLERGIES

(1) If your child is in school or day care, record keeping will be easier if you send all lunches and snacks with your child and request that s/he not eat or drink anything other than what you provide (plain water may be given). Enlist the help of day care providers or teachers, if possible, in noting times, activities, and symptoms. Providing diet diary forms each day with the foods already listed may help to get the cooperation you need. If the care providers are unable to help with record keeping, spend a few minutes at the end of the day talking with the providers and carefully observing your child. Write your notes immediately.

(2) Continue to keep your family routine as normal as possible. Discipline your child as usual. Giving undue attention to relatively minor reactions may result in your child learning to use allergies for his or her own gratification and will make it more difficult to separate actual sensitivities from normal misbehaviour. Older children can be taught to report symptoms with good reliability with developing hypochondria. In most instances, allergies are a health problem like many others - we help the child learn to live as normally as possible, while doing what is necessary in order to stay healthy.

(3) Do not make the mistake of thinking that all behaviour problems or health problems are due to allergies.

(4) Give all of your children positive attention as often as possible. This will help to eliminate the need for your child to use allergic reactions as attention getters, and will also minimize the jealousy which may occur among siblings when one is "sick" and perceived as getting more attention due to the condition.

(5) Consider making an appointment with a registered dietician who provides nutrition counseling. S/he can help to analyze the adequacy of the diet if there are a number of eliminated foods, and can suggest substitutes for familiar foods and provide menu and recipe ideas.

(6) As your child grows and changes, the food sensitivities may change. Be prepared to begin keeping a diet diary again as soon as you notice a potential allergic problem, and keep the diary current until all symptoms have satisfactorily resolved. Many parents find it helpful to keep a diet diary even when the child is doing well. THE DIET DIARY IS THE MOST VALUABLE TOOL AVAILABLE IN TRACKING DOWN YOUR CHILD'S FOOD ALLERGIES, AND YOUR COMMITMENT TO GOOD RECORD KEEPING WILL SAVE YOU TIME AND MONEY IN THE MONTHS TO COME.

 [EDITOR'S NOTE: The preceding advice applies equally well to adults. Keeping a food diary is one of the most important rules you can abide by, especially in the early stages of diagnosis. It enables you to find "patterns" in your symptoms. The Quarterly is most grateful to Del Stigler, M.D., and Kathleen Dolce, C.H.A., for sending several information sheets currently used in his Pediatrics and Clinical Allergy office in Denver, Colorado. Our pleasure is increased by the note reading: "Please feel free to publish them in the Quarterly." In future editions, we will publish ALLERGY IN THE BREASTFED INFANT and INFANT FEEDING USING THE ROTARY DIVERSIFIED DIET. Bless you, and thank you for SHARING! Here's a rainbow wished for you! MMN]

"THE OBLIGATION TO ENDURE GIVES US THE RIGHT TO KNOW."
 Jean Rostand
 * * *

"HE HAS HALF THE DEED DONE,
 WHO HAS MADE A BEGINNING."
 Horace (65 B.C.)
 * * *
 *

 * W H A T I S T M J ? *
 * * * * * * * * * * * *

TMJ refers to temporomandibular joints, the joints that connect the lower jaw to the skull. The hinge allows movement of the jaw up and down or side to side. A TMJ disorder exists if the jaws and the temporomandibular joints are not aligned. To find out if you have a jaw disorder, notice if you have symptoms such as neck pain, headaches, ringing in the ears, clicking, joint tenderness, stiff jaw, pain in swallowing and muscle aches. Is there discomfort localized in the jaw area? Grinding teeth while asleep, and facial or body imbalance are other indicators of the presence of dental stress.

[Special thanks to ECO-SENSE, the Ottawa Branch Newsletter!]

ECOLOGICAL FOOD SHOPPING ON A BUDGET

by Dr. Virginia R. Salares

If one were to change food shopping and eating habits quickly, one would realize how expensive it is to eat organically grown food. The cost of regular food in the supermarket is already high enough, and it is hard to keep up with rising costs. Can one ever afford organic foods? An increasing number of people are now more conscious of the pesticides in foods. To keep up with the demand, more outlets are carrying organic produce. The cost is indeed higher for most foods, particularly fruits and vegetables.

To feed a family of five is certainly not cheap, and it is a challenge to do it on one income. Nevertheless, we have been eating 100% organically grown foods in the last two years. The change did not happen overnight. My awareness of additives and preservatives dates back to being a chemistry student at university. Coming from a culture used to preparing foods from scratch has been a blessing - preservatives are minimized and costs are reduced.

The first step, avoiding preservatives such as sodium benzoate, BHA, BHT (which appear in many products from oil to potato chips), nitrites or nitrates, additives such as MSG, artificial colours and flavours, sugar and canned foods, will rule out nearly all the packaged convenience foods in the supermarket. As processed foods are replaced with the basic ingredients, a choice of more wholesome ingredients can be made: unbleached flour over refined white flour, for example. Unprocessed foods are clearly of better quality than those in the average shopper's food basket. So far, there should be substantial savings by staying away from commercial foods. The other expense that can make a difference for some is that spent for eating out. After all, how often can one find organically grown food in restaurants?

The chemically sensitive can and should make further improvements. It would not make sense to switch to organically grown foods at this stage, if one continues to use city water for cooking or drinking (see previous article on water in Vol. VIII, No. 3 of the Quarterly, September 1986).

The savings realized by cutting down on convenience foods should be directed into buying the most wholesome ingredients. Some staples like organic whole wheat flour are no more expensive than unbleached flour, but free-range eggs cost more than supermarket eggs. Similarly, honey and maple syrup cost more than sugar.

Meats grown organically need not be much more expensive than meats in the supermarket. Beef by the quarter (provided a freezer is at hand) is cheaper than buying it by the packages.

Further savings are possible by choosing a front quarter which has more roasts and ground beef than steaks. Free-range chicken or turkey cannot compare in cost to supermarket specials, but they are meatier, taste better, and are less chemically contaminated. Again, with a freezer, a year's supply (ordered in the spring for the fall) is less costly than buying as needed.

Organically grown vegetables are not only more difficult to get during the cold months, the cost is discouraging. It is very helpful to stock a supply in the freezer. Vegetables should be blanched first, using good water, and packaged in cellophane (cellophane bags are available from G.T. French Paper Ltd., P.O. Box 372, 107 McNabb St. North, Hamilton, Ontario L8N 3C8) rather than plastic. Some root vegetables store well in a cold cellar or old refrigerator in the basement. Well-cured winter squash will keep on the shelf for months. Find an organic grower and order the quantities you want. There are now organic market gardeners who grow by subscription. The alternative is to grow some vegetables yourself. We have had a garden even when we lived in a rented apartment. The benefits are innumerable: being able to grow what you want, quantity and satisfaction. The availability of a piece of ground for growing food should be considered when making choices on where to live.

As for organic fruits, there is not much choice, since many fruits cannot be grown here. For variety (and to cut down on the amount of fresh fruits purchased in the winter), berries are frozen in season. One can often find unsprayed strawberries and raspberries grown locally. In early fall, wild blueberries can be purchased in local outlets, but find out where the berries were picked. The Ministry of Natural Resources can tell you if aerial spraying for gypsy moth or other pests was carried out, and if chemical pesticides or Bt (*Bacillus thuringiensis*) was used. Berries harvested from areas treated with chemical pesticides should be rejected, while those with Bt should be thoroughly washed first.

Biologically grown apples can be purchased by the bushel. They keep well in the refrigerator inside paper bags with an outer bag of plastic. Organic apples purchased this way cost less than sprayed apples by the pound. Sometimes we also buy half or full cases of organic oranges, grapefruits or other fruits in season at slightly better prices over single items.

Cooperative buying is another means of easing the budget. We started with another family over a year ago, and our food co-op has grown to a dozen families. We place our orders three times a year to a wholesale distributor (Alpha Basics Corporation, 271 Amber Street, Unit 10, Markham, Ontario L3R 3J7) which carries many organic products. The saving is about a third (compared to the cost at the health food stores). Furthermore, by stocking on staples and other supplies, trips to the health food stores are reduced.

Driving to different places to get the organic produce may seem difficult at first. "Home-made" also takes time and energy. To make it easier, labour-intensive work like breadmaking is turned into a family activity. The children have learned to bake cakes and cookies. Once the routine of where and when to get the foods is established, it is no more difficult than going to the supermarket. We hardly ever go to the regular stores except to buy Bon Ami or paper goods.

Before one can use the means outlined here, the family's food sensitivities should be worked out. An initial investment of one or two freezers is necessary. The key is planning ahead. Keep track of your expenses. We have been doing these for a number of years and we find that our food costs fall below those given by Agriculture Canada for a family of four. There is no question that the foods we eat are cleaner and more nutritious than what we would buy at the stores.

* * * * *

* * * * *
[EDITOR'S NOTE: Virginia R. Salares has a doctorate in chemistry and is presently the president of the Ottawa Branch of H.E.F. She is the mother of three children, aged 12, 8 and 3 1/2, and still finds the time and energy to write ongoing articles for the Quarterly in order to help others. BRAVO! In a future edition, we will reprint DE-SMELLING OURSELVES, an excellent article that appeared in the September edition of ECO-SENSE, the Ottawa Branch newsletter/supplement to the Quarterly. Her article GOOD CLEAN WATER FOR THE CHEMICALLY SENSITIVE will be added to a new list of articles available from Head Office (usually found on the second last page of the Quarterly) currently being compiled for inclusion in the spring edition. Many thanks, Dr. Salares! MMN]
* * * * *

"ONE MAN WITH COURAGE MAKES A MAJORITY."

Andrew Jackson

* * *

Life is like a jigsaw puzzle, but you don't have the picture on the front of the box to know what it's supposed to look like. Sometimes, you're not even sure you have all of the pieces.

Life is like a poker game. You deal or you are dealt to. It includes skill and luck. You bet, check, bluff, and raise. You learn from those you play with. Sometimes, you win with a pair or lose with a full house. But whatever happens, it's best to keep on shuffling along.

[Excerpted from THE MEANING OF LIFE, by Roger von Dech, Ph.D.]

C R O S S T A L K

* * * * *

Dear Editor:

I had no idea the H.E.F. existed! A dear friend came across your address through the Toronto Field Naturalists' Newsletter. To this friend, who is desperately ecologically ill after years of orthodox 'treatment' ("Take these pills", "I'm sending you to a psychiatrist", etc.), your Quarterly is a sunburst of hope since she has learnt that there is - however unfortunately - a sufficient groundswell of similarly afflicted people who can get after the unholy trinity of governmental ignorance, medical arrogance, and entrepreneurial greed in order to halt the slow poisoning of our planet.

Heated political philosophies, high moral issues, wars, The Bomb itself, are secondary to the insidious killing of mother Earth. We boast magniloquently of establishing colonies in outer space while destroying beneath our feet our own inner space. The Pandora's Box of the 20th century was the birth of the brave new world of the petrochemical giants after the Second World War.

According to the September issue of the Toronto Field Naturalists' Newsletter, Federal Environment Minister Thomas McMillan has hired Elizabeth May, "well-known environmental activist" (and environmental lawyer), to assist the Minister in communicating with environmental organizations. You are probably aware of this already, but she might be a useful member to add to your list of people in salient positions. I intend to write asking if there isn't something she can do to halt the juggernaut of routine pesticide spraying of parkland and roadsides by Parks and Hydro respectively. A criminally irresponsible habit when one considers that parks are for children. A neanderthal approach when one considers that we share the outdoors with wild creatures equally entitled to their life cycles.

On a narrow country road, this summer, walking and picking berries, I rounded a bend to come upon Hydro personnel disguised as something from Outer Space - helmeted, goggled, booted, neck-to-ankle cover-alls, wielding huge spray canisters with all the gusto of a firefighter's hose. THEY were well and truly covered. Adults, children, birds, anything else that breathed and later moved in the areas they 'treated' were not. If their stuff was 'harmless' why the heavy protection?

I will be sending my membership cheque to my Toronto branch, but wanted to write to thank you for "being there". The Quarterly is ENORMOUSLY informative. All the very, very best. You are the consciousness of the future.

Eva Davis, Scarborough, Ontario

[What a "buzz" you gave my day. Many thanks for your eloquent letter, and hugs to the Toronto Field Naturalists' Newsletter editor for helping you to find us. Welcome to H.E.F.! MMN]

* * * * *

Lamont Goetz of Winnipeg writes:

First may I say how much I am enjoying your Quarterly. I don't always understand all of the articles, but there is always plenty of interesting material in each issue.

I have enclosed a short story which I have written. If you feel an overwhelming urge to include it in an upcoming Quarterly, please feel free. If not, I hope you get a chuckle out of it anyway. Keep up the good work.

THE ADVENTURES OF ALLERGYMAN

A robot from another dimension? A victim of a biological experiment gone awry? A genetically engineered "superior" human? The origins of Algernon Lee, alias Allergyman, and his sidekick Histamine the wonder-dog, are shrouded in mystery. But with their amazing ability to instantly discern the chemical structure of any given substance, they have won the hearts of countless thousands of allergy sufferers the world over. Join us now as we accompany Allergyman in his latest adventure, "The Mall Guy".

Allergyman, in the guise of insurance claim adjuster Algernon Lee, lowered the glass of cola and smacked his lips pensively. "I prefer Cola B", he said with a wry smile, and walked away leaving a somewhat stunned attendant in his wake. It was not the first time our hero visited this shopping mall, but this time something seemed quite different. He stopped to watch the kiddie rides. With horror he noticed that some of the swings the children were riding on had temperature-sensitive liquid crystals in them. Dashing off his disguise (and only superficially wounding an innocent bystander in the process), he sprang into action. "I've heard about these mood swings," he yelled dramatically, "and I'm here to put a stop to them!!!" He lunged at the nearest swing in a blind rage. However, in so doing, he frightened its occupant, who ran crying into his mother's arms. Suddenly Allergyman was filled with remorse. "Maybe I'm just wasting my life with this superhero gig. Maybe I'm doing more harm than good.", he mused. Suddenly, he saw a teenage girl eating a hot dog a few feet away. Quick as a wink, he grabbed a nearby firehose and liberally doused the girl, knocking the frank from her grasp. "Do you realize that that hot dog contained massive doses of sodium benzoate? Don't you look at me like that - I damn near saved your life!!" And with that, he sallied forth in search of his next adventure.

The End

* * * * *

[I have an overwhelming urge to hear more of the Adventures Of Allergyman, and any other superhero who may be lurking in the shadows of shopping malls, allergy clinics, or the corner of a room in Anytown. Thanks, Lamont! Please stay in touch. MMN]

Maurice J. Guilfoil of Jackson, Missouri wrote us in April:

Indoor Air Pollution will cause 50% of the illness in the United States this year, says the Consumer Federation of America, and this illness will cost our country 100 billion dollars in medical bills and the loss of productivity.

People interested in this health hazard may wish to read some of the recently published information that follows:

The CONSERVATION FOUNDATION LETTER devoted its September-October 1985 issue to an investigation of "Indoor Air: The Problem Looms Large". Telephone for copies: (202) 293-4800.

The CONSUMER FEDERATION OF AMERICA has a free pamphlet, "Indoor Air Quality ... The Number One Priority". Send a stamped, self-addressed, business-size envelope to: CFA, 1424 16th Street NW, Washington, D.C. 20036.

CONSUMER REPORTS, "Indoor Air Pollution", Oct. 1985, pp. 600-03.

Dinsdale, Katherine, "One Family's House - Poisoned." WOMAN'S DAY, January 21, 1986, pp. 88-89, 126, 130.

Gainen, L.F., "Indoor Pollution Can Damage More Than Your Health" (architects' liability), ARCHITECTURAL RECORD, mid-September issue, 1985, p.37+.

INDOOR AIR POLLUTION BIBLIOGRAPHY, prepared by the Information Services and Library, EPA, was published in June 1985, and has several hundred entries in a wide range of IAP categories. Write to Headquarters Library Staff, Information Management and Services, Environmental Protection Agency, 401 M Street SW, Pr-211A, Washington, D.C. 20460.

Keely, Jane, "Indoor Air Pollution", GOOD HOUSEKEEPING Magazine, November 1985, p.29

Machcatie, Elizabeth, "Aerobic Aggravation", READER'S DIGEST, January 1986, p. 33, and "Pollution Fells Indoor Athletes", SCIENCE DIGEST, October 1985, p. 33.

Raloff, J., "Is Air Pollution Worse Indoors Than Out?" (a study by Lance Wallace, SCIENCE NEWS, September 1985, p.198.

Taylor, R.A. "Now You Can Worry About Bad Air Indoors, Too" (household chemical pollution), U.S. NEWS AND WORLD REPORT, September 23, 1985, pp.71-72.

Turziel, Isaac, "Indoor Air Quality and Human Health", Stanford, California: STANFORD UNIVERSITY PRESS, 1985.

Rose, Elizabeth, "Lady Of Gray" (an inspiring story of healing from Environmental Illness with systemic Candidiasis), Santa Monica, CA: BUTTERFLY PUBLISHING COMPANY, 1985.

Last, but far from least, an update on the ECOLOGICAL ILLNESS LAW REPORT editor (and frequent Quarterly contributor) Earon S. Davis, J.D., M.P.H., of Evanston, Illinois:

Thanks to the efforts of EILR's creator, editor, writer, typist and envelope stuffer, Ecological Illness (E.I.) is increasingly coming to the attention of the international legal community. After more than six years of advocating for E.I. patients, and recruiting and educating attorneys to represent them, Earon Davis has succeeded in presenting the problems faced by E.I. Victims to the United States' largest network of plaintiff's attorneys.

Dr. Davis' article, "ECOLOGICAL ILLNESS: NEW CHALLENGES FOR CHEMICAL VICTIMS" appeared in the October 1986 special "TOXIC TORTS" issue of TRIAL, the monthly magazine of the ASSOCIATION OF TRIAL LAWYERS OF AMERICA. We all owe a debt of gratitude to Claudia Postell, Editor of TRIAL, and the Association of Trial Lawyers of America. For more information on this article, write the Association at 1050 31st Street N.W., Washington, D.C., 20007-4499, or telephone (202) 965-3500.

Earon Davis, who does not handle or receive any fees from any cases involving E.I., funds his research, writing and advocacy efforts solely through subscriptions to the ECOLOGICAL ILLNESS LAW REPORT, which has operated at a loss for each of its three years of publication. He has had training and experience in law and public health, and is licensed to practice law in Illinois, Washington, D.C., and Missouri. While he is not personally a victim of E.I., he has been active in this area since 1978, and has served as a Director of the Human Ecology Action League (HEAL) [a national U.S. organization of E.I. victims similar to our own Human Ecology Foundation].

Commenting on the publication of his article in TRIAL, the first major treatment of Ecological Illness by a major legal periodical, Dr. Davis stated:

"This is but a tiny step along the frustrating path towards the international recognition of E.I. It occurred because of the firm groundwork we have laid over the past few years; quietly, but persistently working our message into the consciousness of the plaintiff's bar and the legal community in general. Numerous pioneering physicians and attorneys have been instrumental in bringing us to this point through their willingness to serve as the voices of E.I. victims. Soon, such voices will not simply be cries in the wilderness of disbelief, ignorance, and neglect. These voices will be heard, and they will help move our nations into recognition of the horrible toll being taken by our irresponsible misuse of chemicals over the past several decades. They will help move our nations towards a more healthful future for all."

Earon Davis has had numerous contacts with officers and members of the Association of Trial Lawyers of America and has

been quoted previously in TRIAL. He has addressed organizations such as the National Organization of Social Security Claimants' Representatives, the American Association of Law Librarians, the Consumer Federation of America, the American Academy of Environmental Medicine, and the American Bar Association. He recently presented a paper entitled "Potential Liability for Indoor Pollution" at the 1986 Annual Meeting of the Air Pollution Control Association.

The ECOLOGICAL ILLNESS LAW REPORT (EILR), with a circulation in excess of 400 (paid), has had subscribers in almost every U.S. state and territory as well as several Canadian provinces and additional foreign nations. It is received by most public interest environmental organizations, numerous attorneys and E.I. sufferers, and an increasing number of law libraries. EILR was reviewed in the April, 1985 issue of the Journal of the American Bar Association as "Must Reading". It was termed "excellent" and "important" in the Winter 1984/85 issue of the Legal Reference Services Quarterly.

EILR feels that the publication of this article in TRIAL represents a benchmark in the fight for recognition of Ecological Illness. Tens of thousands of professionals will be exposed to the information in this article, and it is anticipated that attorneys will thus be increasingly willing and able to represent E.I. victims in their quest for justice.

* * * * *

* * * * *
[Your faithful H.E.F. Quarterly editor wants to add her recommendation of the Ecological Illness Law Report to barristers and solicitors in Canada, and to those who are interested in other facets of our illness. We hope to reprint Earon Davis' TRIAL article in a future edition of the Quarterly, and until then, want to lead a rousing cheer of "BRAVO, EARON!", and leave you with the following address: ECOLOGICAL ILLNESS LAW REPORT, P.O. Box 1796, Evanston, IL U.S.A. 60204. Law firms may request a sample issue of the EILR by writing the Editor, Earon S. Davis, at the aforementioned address. Tell him we sent you. MMN]
* * * * *

QUOTE, UNQUOTE

"I think of addictions and allergies as being synonyms."

[from 'An Exclusive Interview with Theron Randolph, M.D.' by Jack Joseph Challem, BESTWAYS, June 1977, p. 24]

.pa

FOOD AND CHEMICAL SENSITIVITIES

by Dr. Donald Bastedo

[The following article has been adapted from a presentation by Dr. Bastedo to the Wellington-Waterloo Branch of Human Ecology Foundation, Cambridge, on Nov. 3, 1984. Special thanks to Nora Schallhorn, Branch President, for sending the audio tape. MMN]

Ecological illness is a condition in which we "break down" and can no longer cope with many of the changes in the world that have occurred (especially in the past 60 or 70 years). These changes include our hectic and stressful lifestyle, the chemicals in our foods, the way we eat and cook, the way we process things, the way the manufacturers (in their zeal to sell more products) add all sorts of stuff to our food, and the way industry and communities are polluting the air and water. The world is entirely different from the world in which our grandparents ate, and lived, and carried on. The chemical situation is the big difference.

In addition to the chemical change, there has also been a change in our nutrition. So when you consider ecological illness (E.I.), think of the toxic things in the environment altering the way we respond, and then think about altered nutrition, making us less resistant to all the things around us. We have to be intelligent consumers, asking questions about our environment and the foods we eat. When health professionals give you medications or prescriptions, make sure you know what you are getting, that it is indicated for your condition, and that when taken it does not cause adverse effects. So much illness now may be attributed (in part) to the treatment.

Food allergy is a very controversial topic. There are many people in the community, including the professional community, who say: "There's hardly anything such as food allergy. It's all in your head." There is an excellent book called 'NOT ALL IN THE MIND' by Dr. Richard Mackarness, a psychiatrist in England, and he has pointed out, with dramatic examples, how it isn't in our heads. It is a real response to food and chemicals that make many of us sick, many in a mental or psychiatric way.

Almost any complaint may be due to a sensitivity. There is a difference between allergy and sensitivity. There are some very good and helpful traditional allergists who have been practising for years. Their definition of allergy is a sensitivity that can be demonstrated with a positive skin test. This means that there is an antibody in your system against the substance tested. This is a "true" allergy, according to the generally accepted definition. Not all sensitivities involve antibodies. We use the word "sensitivity" rather than "allergy" in order to be less confusing for those people who think of allergy in the narrower sense in relation to antibodies.

To find out if you really are sensitive to things, go over your own history. Health care people are taught to take a careful history reviewing all the different systems. For example, if you have headaches, or a feeling of being tired, reviewing all your systems may turn up other symptoms which will help fill in the puzzle and perhaps point to underlying allergies or sensitivities.

Potent
With a child, we ask about the nose, throat and eyes, and the usual hay fever symptoms. We ask about mouth breathing and snoring, and we want to know about any seasonal variations in symptoms. People forget that the eustachian tube from the throat to the ear can react just like the nasal passages. It can get plugged as well. If your child has a lot of ear trouble, and problems with the eustachian tube, look for an allergy rather than blaming it entirely on infection. There may be secondary infection, but more often than not, it may be an allergy to something such as milk. If you don't recognize this, then you may resort to antibiotic after antibiotic, and tubes in the ears, and you haven't really come to the crux of the thing, that is, identifying the underlying allergy.

Is the child coughing a lot? Long before a child wheezes, he or she may just cough. A recurrent cough that isn't responding to the usual cough syrups or antibiotics probably is a reaction to something in the air, or something in the diet.

Stomach aches are commonly related to food sensitivities. One of the commonest causes of constipation is an adverse reaction to one or more specific foods. This may become apparent when elimination diets are used to study other problems. I've had parents return to my office and say: "Gee, not only did his wheezing stop and his skin clear up, but he's no longer constipated." Bedwetting may also stop when certain foods are avoided.

In children, one of the most common ways in which sensitivity may present is with an overall "blah", rundown, or fatigue syndrome. For years this has been called "the allergic fatigue syndrome". If a child is listless and apathetic, and is not keeping up with his/her peers in intellectual pursuits or sports, then look for allergic factors.

You all have friends, I'm sure, who have had migraines for a long time, only to find out that they are caused by foods such as chocolate or caffeine, or some other sensitivity. But remember that there are many causes for headaches other than allergies or sensitivities, and be careful to rule out organic diseases before getting into this area.

Leg cramps in children were thought to be just growing pains, but we know now that leg cramps are frequently due to problems with milk, and sometimes calcium and magnesium supplements will help.

A lot of young ladies, as they're starting their periods, will have premenstrual problems, and sometimes there are allergic factors for these increased symptoms.

Allergic or sensitivity reactions can affect the brain. A child may become aggressive and hyper, and these symptoms may be followed by fatigue. This up and down reaction like Dr. Jekyll and Mr. Hyde is very common in children, and adults can have the same problems. With temper tantrums and any behavioural disorders we have to watch for any underlying allergies or sensitivities. Some psychiatrists are aware of these connections as well, and will explore dietary or other factors in the physical environment before resorting to tranquilizers or other drugs. This approach is based on the idea that the central nervous system, and the brain in particular, can be affected by allergies or sensitivities.

In looking for the causes of symptoms, we have to remember inhalant allergens. Inhalant allergies have been recognized for years. Dust and mold are as important as ever, and these can cause a variety of problems. We don't want to blame everything on foods or chemicals.

The food that most frequently causes trouble in children is milk. Cow's milk may vary depending on what the cow is eating, just like mother's milk can vary with what the mother is eating, and there are many different proteins in milk. You can become sensitive to different components in the milk, as well as to milk products, cheese, yogurt, ice cream and so on. Of the cereal grains, wheat is a very common troublemaker, and next to that, corn. This isn't surprising, because these are foods that we eat frequently. We all have milk products once or twice a day. We probably have corn several times a day in the form of corn syrup or corn oil, etc., and wheat is everywhere, in our snacks, and cookies, and doughnuts, and so on. It's pretty hard, unless you consciously try to get away from these things, to stop the incriminating sensitivity product. Chocolate, peanut butter, anything you eat frequently can be a problem. Citrus fruit is often a problem. Food colouring, tartrazine (yellow #5), and some of the red food dyes are often troublemakers.

Another word about food reactions. Some people, when they are first exposed to these ideas, think "No, I can't be allergic to wheat, because I eat it every day and I've never had a rash from it, or broken out!" But many food reactions are "hidden". You may not have any obvious reaction to the food until you've taken it right out of the system for about a week. You may have a gradual up and down response. If you're sensitive to wheat you might have a "high" in the morning, feeling a little better after you eat your toast. Then you get a little droopy or "down" in the middle of the morning until you have a doughnut or something with wheat. Then you have your lunch with wheat in it. You go up and down, and never really realize that the wheat is causing this up and down behaviour. It may not be very dramatic and you may feel that these fluctuations are normal for you.

In contrast to the "hidden" type of food reaction, there is the obvious one that anyone can diagnose. If you break out in a rash from shrimp, or from some other specific food, then of course you shouldn't eat that food. The immediate or direct food reactions are usually obvious. It is the foods that cause hidden reactions that you must detect and get out of your system.

Chemical exposures are the next consideration, and many of these chemicals are in our homes. Petroleum products are an example. People have found, to their surprise, that they are reacting to fumes from their gas stove, gas furnace, or other gas appliances in their homes. Even with the gas stove turned off there are still some fumes coming from the pilot light. Wood stoves and wood smoke are another problem.

Other petroleum products in the school and home include Marker Pens and the paints children spray on their posters. There is mother's hairspray and deodorant to consider. Chlorine can be another problem. A mother may notice that her child's behaviour changes after swimming. A person who is sensitive to chlorine may also react to fluoride. You should not use fluoride toothpaste [or have fluoride treatments at the dentist] if you have this sort of sensitivity.

Mon
You have all read a lot about formaldehyde as in urea-formaldehyde foam insulation (UFFI), but you must remember that formaldehyde is in other products in your home, including the pressed board and the particle board, and new materials, sheets and clothes. A lot of people react to formaldehyde as they visit clothing or fabric stores. As one chemical such as formaldehyde lowers your resistance, you can gradually become more and more sensitive to a much wider variety of chemicals.

We can't test people for a sensitivity to all types of chemicals. You have to study much of this yourself, and decide how you feel in different types of environments. You learn to be your own detective. Limit your chemical exposures to some extent in order to prevent problems, especially if you are a person who tends to develop allergies or sensitivities.

X Many of our chemical exposures come with our diet. Our food may contain taste enhancers, other additives, colouring, and monosodium glutamate (MSG). Watch out for MSG if your child is already hyperactive. Not all additives in foods appear on the label. There are chemicals to prevent food from rotting, chemicals to ripen bananas, and fumigants and bromides on raisins to stop mold. In a susceptible person, any of these chemicals may cause trouble, so you have to be suspicious, and live and eat in a way in which you are avoiding some of these chemicals. Read the book 'The Invisible Additives' by Linda R. Pim [a Pollution Probe Project published by Doubleday Canada], and read labels thoroughly and faithfully.

Nutrition is important. You and I can react if we get a certain peak load, a combination of things, a little fatigue,

maybe a cold, or hay fever from ragweed and pollens, along with a wrong food. With this peak load we develop a symptom. In other words, the total stress load, if it's high enough, will make some of us sick. Some things you can't avoid, but if you watch your nutrition, you will be able to tolerate a much bigger load without developing symptoms. It is important to eat the right things, eat the right amount, and eat the right way. It is not just a matter of avoiding the things you should not eat. Are you getting everything you need: vitamins, minerals, essential fatty acids (EFAs)?

Essential fatty acids must be provided by your diet, since your body cannot make them. [Refer to the article 'Essential Fatty Acids' by John K. Blair, M.D., in Vol. VI, No. 3 of the Quarterly, January, 1985. MMN] Without enough EFAs, your hair can become coarse and strawlike. Dandruff can be a problem as well as dry skin (chicken skin) and nails that are brittle and break. Eczema can become worse. Children may have increased loss of body water through their skin (excessive sweating), and are often thirsty. Good sources of EFAs include vegetable, nut, and seed oils, including linseed oil. Cold pressed oils are best. Northern (cold water) fish, and evening primrose oil are other sources of essential fatty acids.

One particular nutrient we need is zinc. We need the same daily amount of zinc as iron. A lack of iron is the world's most common deficiency, and people don't realize that zinc deficiency is also common. Zinc deficiency lowers immunity. White spots may appear on the fingernails. Skin problems may also appear (just the same as with a deficiency of EFAs). Infants and children with zinc deficiency may also have the "failure to thrive" syndrome. They don't grow or gain weight, and their appetites are poor. A child who isn't gaining weight may respond to a zinc supplement.

Don't forget magnesium. Magnesium and calcium are intimately related. A deficiency of magnesium and/or calcium can result in muscle spasms and leg cramps. If you are taking supplements because of a restricted diet, then be sure to include both calcium and magnesium. The commonest source of calcium and magnesium is dolomite, but it isn't recommended for a lengthy period of time because it has impurities in it (lead, cadmium and other toxic metals). When buying supplements, look for "pure" ones without a lot of additives such as colouring, and ask for information on binders and bases. Be an informed consumer when dealing with food and chemical sensitivities.

* * * * *

C L E A N I N G P R O D U C T S

by Debra Lynn Dadd

[The following excerpt from NONTOXIC & NATURAL: A GUIDE FOR CONSUMERS is reprinted with the kind permission of the author.]

Household cleaning products are among the most toxic substances encountered in one's everyday environment, causing health problems ranging from rashes to death. A study of Oregon housewives over a fifteen-year period showed that women who stayed in their homes all day had a 54-percent higher death rate from cancer than did women who had jobs away from home during the day. The study suggested that this higher rate might be attributed to chemicals in household products.

[Among the ingredients in cleaning products are] aerosol propellants, ammonia, benzene, chlorine, colors, cresol, detergents, ethanol, formaldehyde, *fragrance, glycerin, isopropyl alcohol, hydrogen peroxide, naphthalene, nitrobenzene, paraffin, pentachlorophenol, perchlorethylene, petroleum distillates, phenol, plastic, sulfur compounds, talc, toluene, trichloroethylene and xylene. (*Fragrance on a label can indicate the presence of up to 4000 separate ingredients that are not listed at all.)

Accidental poisonings from household cleaning products occur far too frequently, especially among infants and children who cannot read the label warnings. In addition to being harmful if swallowed, many of these products also give off volatile fumes. Not only is one exposed to these hazardous fumes during use, but one continues to be exposed to them until they are ventilated out through an open window. During the winter, when windows are opened infrequently, fumes can accumulate undetected over a long period of time to create a dangerously high level of pollutants.

The safety of most household products is determined by its effects if the product is swallowed. Since most cleaning products are clearly labeled as hazardous if swallowed and are still considered safe enough to be on the market, it is obvious no consideration is given to the toxic effects of the fumes inhaled or absorbed through the skin.

Since 1977, cleaning products have been regulated [in the U.S.A.] by the Consumer Product Safety Commission (CPSC) according to the Hazardous Substances Act. This regulation requires them to be labeled with certain terms:

TOXIC/HIGHLY TOXIC (poisonous if eaten, inhaled, or absorbed through the skin);

EXTREMELY FLAMMABLE/FLAMMABLE/COMBUSTIBLE (can catch fire when exposed to flame or an electric spark);

CORROSIVE (will eat away your skin);

IRRITANT (can cause redness or rashes on skin, or inflammation of mucous membranes); and

STRONG SENSITIZER (may provoke an allergic reaction).

Despite these warnings and our almost constant exposure, cleaning products are not required by law to have full-disclosure labels revealing their noxious ingredients. Nor does any government regulatory agency require product formulation information on cleaning products to be approved before products are put on the market. Even the CPSC cannot gain access to these closely guarded "trade secrets". The CPSC requires only that the label contain the name and address of the manufacturer or distributor, a list of any major "hazardous" ingredients (and the words DANGER, CAUTION or WARNING where applicable), a phrase describing the danger of the product, if any, and special instructions for handling and storage.

Make your own cleaning products at home. Not only are home-made products safer to use, they are much less expensive, since you do not have to pay for labeling, advertising, or aerosol spray cans. Many formulas this book gives for cleaning products require substances you probably already have in your kitchen.

Remove all toxic and scented cleaning products from your home - even those in closed containers that are stored in closed cabinets. Remember, children can't read the warning labels. And if you think cleaning products don't smell through the containers, take a good sniff next time you walk down the cleaning-supplies aisle at the supermarket.

NONTOXIC & NATURAL Basin, Tub and Tile Cleaners:

- * Rub area to be cleaned with half a lemon dipped in borax. Rinse and dry with a soft cloth.
- * Scour area to be cleaned with TSP or baking soda sprinkled on a wet cloth.
- * Dissolve 1/4 cup soapflakes in 1 cup boiling water. When cool, stir in 1 cup whiting.
- * Combine 24 ounces TSP, 2 1/2 ounces borax, and 1 ounce powdered soap. Mix thoroughly by shaking in a box or bag. When ready to use, make a paste of the powder and water.

NONTOXIC & NATURAL Furniture and Floor Polish

Use a soft cloth to apply the following mixtures:

- * Wipe with mayonnaise.
- * Rub with cloth dipped in cold tea.
- * Mix 3 parts olive oil and 1 part white vinegar.
- * Mix 1 part lemon juice and 2 parts olive or vegetable oil.
- * Mix 1 cup white vinegar with 1 gallon warm water.

For oak: Boil 1 quart beer with 1 tablespoon sugar and 2 tablespoons beeswax. When mixture is cool, wipe onto wood. When dry, polish with a dry chamois cloth.

For mahogany: Mix equal parts white vinegar and warm water; wipe onto wood, then polish with a chamois cloth.

[NONTOXIC & NATURAL: A GUIDE FOR CONSUMERS is published by Jeremy P. Tarcher, Inc., Los Angeles, and is available in paperback. Check your local health food store or bookseller. MMN]

K N O W Y O U R B O D Y
What Is EDEMA?

by Mary Merlin Nelson

EDEMA: (Pathol.) the escape of serous (any of the various fluids in the body resembling the serum of the blood) fluid from its natural vessels into the interstices (small or narrow spaces or intervals between things or parts) of cells in tissue spaces or into body cavities; swelling caused by collection in tissues of fluid which has escaped from the blood capillaries; excessive fluid in body cavities or tissues; an excessive accumulation of serous fluid in the tissues; "water retention".

However you define it, edema is painful! Your weight fluctuates from pounds to tens of pounds. Your skin feels sensitive, and blisters easily. You feel like a party balloon that's been blown up too much; as though you'd explode from a sharp touch; a sudden loss of air would propel you around the room, frantic and out of control. Who cares? You're not having fun anyway!

Long walks, instead of calming you, increase the water retention in your hands and feet. Your fingers look like stuffed sausages. Your feet are blistered and bulging around your shoe straps or chafing under shoelaces. Even walking barefoot doesn't ease the too-tight feeling of your skin. Your clothes hurt you. Your back and your muscles and your brain hurts! You have arthritis. Brittle bones. Your disposition changes without notice. You can't even think straight.

The pain is logical if you think about it, because your body is hard-pressed to adapt to your constant changes in size and shape and weight, and rebels against the stretching and pressing of internal and external forces.

The inability to think straight is logical too, if you consider (once again) that the BRAIN IS AN ORGAN composed of tissues so delicate and sensitive that their swelling (which causes them to press against that non-adaptive bone structure called the skull, in which they are confined) would certainly cause pain and/or the inability to function properly due to pressure. Your head feels as though it might explode, so severe is the sensation of swelling, pressure and confinement.

Hard as it may be to believe, edema can be caused by an allergic reaction to foods, drugs, fabrics, aromatics and environmental exposures such as gasoline fumes. Prior to my diagnosis of multiple complex allergies and ecological illness, when I would tell one of my physicians or another that my weight had suddenly jumped from 125 to 135 pounds, or dropped from 165 to 140 to 120 within days or weeks or months; he would look at me with consternation and suggest my scales were off. Or his scales were off. Psychiatrists had other opinions.

Usually, a second opinion (always get them) would be accompanied by another prescription for diuretics or hormones or tranquilizers. I had enough unfilled prescriptions to paper my bathroom wall with. I resisted the temptation.

When I would tell someone about the extreme and "brittle" pain in my body, or the "gout" in my big toe and the arthritis in my hands and back, or the recurring aches and bone-weary days caused by my migraine headaches and luckless ulcer and gallbladder attacks, I would be looked at with alarm. Then I'd be told to see a doctor, referred from one doctor to another, then another. Then to a psychiatrist. The tests came back negative. (We suspect presenting symptoms are all in her mind.) Specialists all, not one of them suggested my problems could be allergic in nature. It wasn't until I, myself, took up the Sherlock Holmes Approach To Modern Medicine, that things changed.

I went to a pharmacist friend, and begged to look in the Big Blue Book every drugstore and doctor's office has access to, if not a copy of. I found out for myself just what drugs I'd been taking over the more than twenty years of chronic mental, emotional and physical illness I'd suffered. I found out what they were, what they were doing, what they could do, and possibly what they had done. Magnifying glass and fine-toothed comb in hand, I set out in search of clues and conclusions.

I found them! Through a series (still ongoing) of accidental and purposefully planned tests; blind tests, and double-blind tests involving foods, chemicals and fabrics (in many accumulations and variations); good days and bad, have added up to this:

IF YOU DON'T BELIEVE WHAT YOUR OWN BODY IS TELLING YOU, AND PROVING TO YOU, HOW WILL YOU EVER CONVINCE SOMEONE ELSE? DOCUMENT EVERYTHING! I wonder if I could convince my former doctors now? If they could see and feel the elusive symptoms as I provoke them, would they take the time to learn what allergy is all about? Would the psychiatrists and psychotherapists?

Sometimes it's difficult not to give up the fight. I recall one week when I gained ten pounds of dough-like weight despite watching my diet carefully and cutting back on everything in order to lose an earlier weight gain of eight pounds. I was retaining water, puffed and swollen, edematous. I hurt, and couldn't figure out why I was hurting, or what was hurting me. Back to square one ... do not pass go ... no-one ever said it would be easy. Even then, friends and associates would say "well, you LOOK good!", or "gee, you're so lucky, you've always stayed so slim and healthy looking!". Luck has nothing whatever to do with it. It's hard, sometimes frustrating work!

EDEMA REDEFINED: consider that your body is a great huge blister, or series of blisters. That is, in essence, what is happening when you become edematous. Sometimes it's only a toe; a localized area that has previously caused you trouble (I call

those areas "old war wounds"); a bad case of gout; swollen ankles or hands or feet or knees. Sometimes the swelling sensation is only within .. in your stomach, or throat (a frightening personal problem), or diaphragm, or kidneys and/or bladder.

You can feel it. On occasion, you can see it. It used to happen to me during specific "stress situations" like travelling by air (and eating airline food). Breathing stale perfume and tobacco smoke and synthetic fabrics would inevitably bring me to my destination and landing in too-tight clothing; feeling heavy, groggy, dizzy and somewhat depressed. I'd be dry-mouthed and hyper, eyes dilated, breathing strained, voice hoarse and breathless. Customs officers loved me. They used to ask me to stay and visit all the time, despite my carefully kept receipt-and-description lists and by-the-book customs declarations.

No wonder I hate travelling now. There I'd be: head pounding, stomach aching, bones brittle and mind wandering, patiently awaiting the thorough examination of shoe heels and vitamin bottles and air-sick pills and the lining of my jacket. They'd look into my suitcases, and in my handbag, certain I was "on drugs". By the time I retrieved my luggage and got outside into the fresh air, I'd feel worse than ever, muttering and cursing and swearing to stay in my own country/province/city/house forevermore. Who needs it?

Once I stopped eating airline food, wore cool and loose cotton clothing, demanded to sit in the centre of the No Smoking section (what do you mean there's no room, make some), made sure my husband sat between me and another passenger I couldn't avoid, took the covers off my head rest and snugged my quilted cotton coat over the seat as a cover (and so on), most of the problems were brought under control, or lessened. I still tend to travel like "a cat in a carrying case", but have found airline personnel to be understanding and extraordinarily helpful, once we tell them about the severity of my sensitivities and allergies. I do not become edematous on airplanes anymore.

Look for clues, and you'll find them. Learn all you can about your various symptoms. Take notes. Record your history. TRUST YOUR INSTINCTS! Learn about EDEMA or whatever else occurs in your day to day fight for good health. So much of our progress is in our own hands. Instead of feeling sorry for yourself (and blaming the sudden weight gain on faulty scales), find out what is causing the problem! It's all research, so make the most of it, try to find something funny and memorable in the bad times, and remember AT LEAST IT'S NEVER BORING!

* * * * * * * * * * * *

I N T H E N E W S

[Louis Maraviglia, D.D.S., sent us a clipping from the San Francisco Chronicle of October 23, 1986, with the following cover note: "In case you missed this news, I think this new virus may be involved in E.I. patients. As you probably know, many E.I. patients have depressed B-lymphocytes, elevated EBV, elevated Herpes I and II viruses, and other T and B lymphocyte aberrations." Thanks, Dr. Maraviglia!]

NEW HERPES-LIKE HUMAN VIRUS DISCOVERED

National Cancer Institute scientists have discovered a new virus that could open up new avenues of research into a number of diseases. Dr. Robert C. Gallo said it effects a type of white blood cell that plays a key role in the body's immune system and is a member of the herpes family of viruses which causes everything from genital herpes to chicken pox to infectious mononucleosis. Gallo and collaborators around the country are pursuing a number of "intriguing leads" including its possible importance in an outbreak in Nevada and elsewhere of a chronic fatigue illness in adults previously associated with Epstein-Barr virus, or EBV. Two reports on the new virus will appear in the October 31 issue of Science Magazine. The reports call it "human B-lymphotropic virus", or HBLV. B-lymphotropic means that the virus is attracted to the B form of white blood cells known as lymphocytes. The infection-fighting B cells are responsible for producing antibodies to combat foreign substances that enter the body. B cells originate in the bone marrow and go to other sites in the body, including lymph nodes.

* * * * *

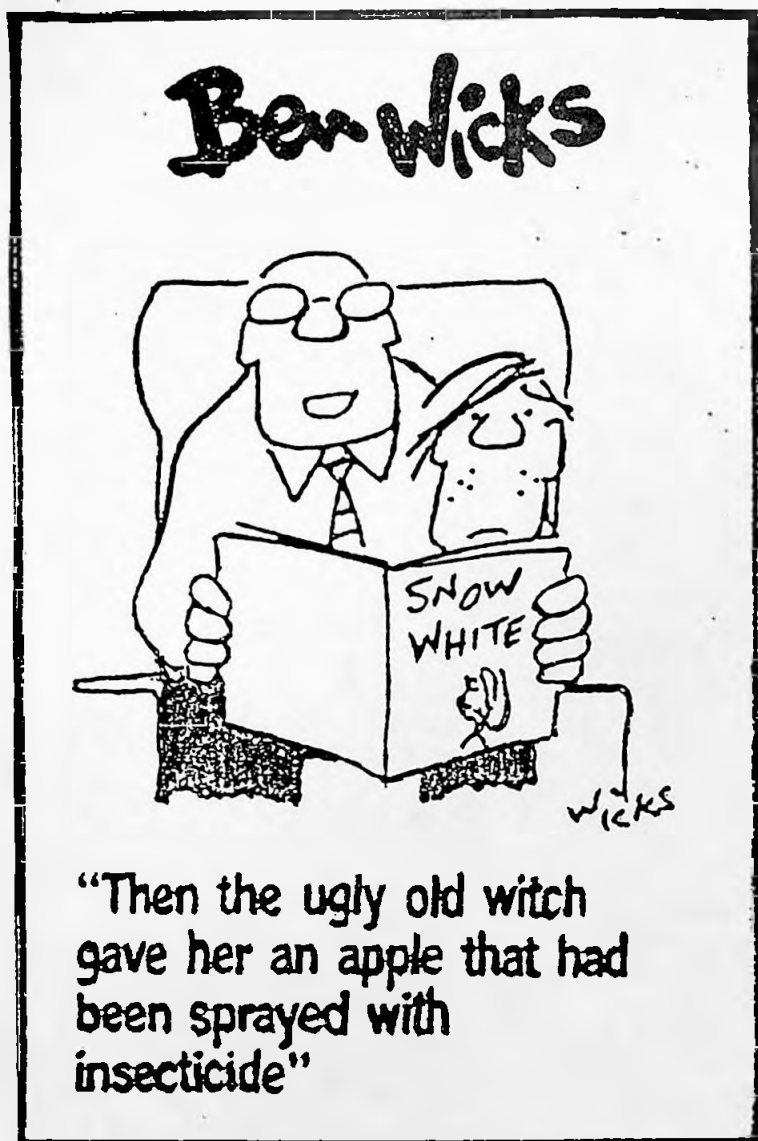
[An excellent article in the July 14, 1986 edition of Newsweek entitled 'Silent Spring Revisited?' brought forth the following:]

SCIENTISTS DEBATE THE DANGERS OF PESTICIDE USE

Less than one percent of the [pesticides] poisons reach their target pest; the rest wind up as contaminants in water, residues on produce and poisonous fallout on farm workers. Worldwide, the compounds fatally poison an estimated 10,000 people a year and injure 400,000 more. Uncounted millions more may be at increased risk for cancer, reproductive problems and birth defects due to low-level, chronic exposure. The Faustian side of pesticide use was brought to light 24 years ago by Rachel Carson in her classic book "Silent Spring", which exposed the ecological havoc caused by such chemicals as DDT. Despite the current bath of pesticides, there is evidence that man isn't even gaining ground in the fight for the fruit of the land. An estimated one-fifth of the nation's crops were lost to insects and other pests in 1945, before modern pesticides came into widespread use; today we still lose that much, largely because the chemicals killed off natural predators of the pests and then gradually became ineffective against their increasingly resistant targets. At least 447 species of insects and mites are resistant to some pesticide (compared with 7 before World War II), and 20 of the worst are immune to everything the nation's labs throw at them. A 1984 poll found that 77 percent of those surveyed thought pesticide residues a serious problem.

[WHO'S LISTENING? MMN]

[Knowing that if a picture is worth a thousand words, a BEN WICKS cartoon is worth a million, here's my all-time favourite, reproduced with the permission of its creator. THANKS, BEN! MMN]



"These insecticides are not selective poisons; they do not single out the one species of which we desire to be rid. Each of them is used for the simple reason that it is a deadly poison. It therefore poisons all life with which it comes in contact: the cat beloved of some family, the farmer's cattle, the rabbit in the field, and the horned lark out of the sky. These creatures are innocent of any harm to man. Indeed, by their very existence they and their fellows make his life more pleasant. Yet he rewards them with a death that is not only sudden but horrible."

An excerpt from Rachel Carson's SILENT SPRING, page 95.

[A woman who always stays in touch with The Quarterly was written up in the July 27, 1986 Winnipeg Free Press, by Stephen Ostick.]

ALLERGY VICTIM URGES SUFFERERS TO KEEP A RECORD OF WHAT THEY EAT
When Mary Morris had her first allergy attack 13 years ago, she didn't even know what they were. In 1983, she founded the Allergy Support Organization to make sure other sufferers wouldn't be left in the dark trying to understand what allergies are, and how drastically they can change your life. She explains to callers that allergies often strike an older person for the first time for no apparent reason. For instance Morris, 58, deteriorated from perfect health in 1972 to someone who needed dialysis several times because her kidneys shut down. All from allergies. From 1973-'76 she suffered through a constant pattern of throat irritations, constant coughing and "feeling absolutely exhausted." She even had to give up her teaching job at the University of Manitoba's nursing school. Doctors could find nothing wrong with her. She finally insisted on allergy tests and stopped eating foods that even registered slightly. "I started keeping a diary to see how the foods I ate affected the way I felt," she said. "By trial and error I worked my way to work and playing golf. I'm busier than I was before." She hasn't been in the hospital since. Many of those calling the organization are frustrated at not being able to diagnose their allergies. "They usually have had tests and say, 'What do I do now? They think no one else understands.'" The group's members meet intermittently and Morris puts out a newsletter every two months. The key, Morris stresses, is using a diary to "find what combinations of food contribute to send you into overload." Above all, Morris reassures callers that they are not alone.

[THANK YOU FOR YOUR DEDICATION, MARY MORRIS, and most of all, thanks for staying in touch with H.E.F. Hugs, and a BRAVO! MMN]
* * * * *

[Many thanks to Nora Schallhorn, President of the Wellington-Waterloo Branch of H.E.F., who sent the following newsclippings.]

OFFICE FURNITURE SAID CAUSING BLUES

That mid-afternoon tired feeling could be related to the office furniture and not a heavy lunch or even boredom, according to interior designers. "There is a growing body of research which shows our offices are unhealthy," said Dr. George Rand, a psychologist and professor at the UCLA's graduate school of architecture and urban planning. "The use of synthetic materials in offices may be responsible in part for a host of diseases linked to office work." These issues were an important topic at a recent national conference of the American Society of Interior Designers in Los Angeles. Among office products that should be investigated further, said Rand, are air fresheners, adhesives, cleaning solvents and seemingly innocuous office furniture, carpets and curtains that may contain formaldehyde, asbestos and other harmful substances. (Toronto Star, September 13, 1986)

EVEN OUR FOOD IS NOW BEING CONTAMINATED

Is nothing safe from pollution anymore? What are people supposed to do? Give up eating? Starve, rather than bite into an apple that may cause cancer? These are the kinds of questions being asked after the release of a report revealing that toxic wastes, including dioxins, have gone so far up the food chain that they are now in your refrigerator. People are helpless to shield themselves from the contamination. Even food that is grown without chemical fertilizers and pesticides does not escape airborne contaminants. In the study, Dr. Kate Davies, a biochemist for the Toronto public health department concluded that food, not air or drinking water, is the major source of the average person's exposure to toxic chemicals. She found that milk, meat, eggs, vegetables and fruit produced in southern Ontario contains low levels of two dozen toxic chemicals, including DDT, PCBs and a form of dioxin so deadly that just one 200th of a drop can kill an adult. "The key experiment has yet to be done, that is, what happens to humans who are exposed to [toxic chemicals] in their diet over a long period of time?", wonders Dr. Gail Bellward, a researcher at the UBC faculty of pharmaceutical sciences. "We are performing, without knowing it, a vast human experiment." Toxic chemicals have been dumped into the environment since the start of the industrial revolution. Toxic compounds are believed to trigger a deadly reaction in humans, leading to cancer, inhibition of the immune system, nervous system disorders and changes in hormones which, among other things, control reproduction. The extent of the effects are unknown because of a lack of research and because it can take years for problems to appear. In recent years, more people have been diagnosed as having chemical-triggered allergies or sensitivities. Some have violent reactions to perfume or food additives. Researchers agree the only solution to polluted food is cleaning up the environment.

(Cambridge Reporter, June 5, 1986)

CHEMICAL PROBLEM POSSIBLE

Dear Ann Landers received a letter from a woman who, among other things, spoke about Parent Groups formed to identify and develop "Safe Food Lists" by writing to manufacturers for information on ingredients, and publicize those that meet the needs of families severely bothered by certain additives in foods. "This work was first pioneered by Dr. Benjamin Feingold beginning in 1951." She asks Ann to "please let people know about us. Writing to the address below will bring membership information for the nearest association: Feingold Association of the United States (FAUS), P.O. Box 6550, Alexandria, VA 22306. A long self-addressed stamped envelope will be greatly appreciated. There are new 'chemically sensitive' individuals being born every day. Help us to reach them." Dear Ann received hundreds of similar letters, and at the end of this particular column added "I strongly recommend that parents who are having a difficult time controlling rambunctious, hyperactive children write for literature from the Feingold Association. Can't hurt. Might help. A lot." [Now we're talking about mass exposure! Bravo!]

* * * * *

REPORT FROM FLORIDA - 1986

by John K. Blair, M.D.

THE 21st ANNUAL MEETING OF THE AMERICAN ACADEMY OF ENVIRONMENTAL MEDICINE was held at the Sheraton Sand Key Resort, Clearwater Beach, Florida, October 27-30, 1986. The brochure in my room promised 361 days of sunshine per year. Our meeting coincided with the 4 days of rain, but there was a well timed interruption of the rain during the free afternoon for the golf and tennis tournaments. It would have taken more than bad weather to dull the enthusiasm of the people attending the meeting.

It has been my privilege to attend seven of these annual meetings. I have been able to witness the introduction and development of many new ideas. At the same time I have noted the brilliance and personal growth of many of the participants.

For many years, students of Herbert Rinkel and French Hansel have been aware of the importance of yeast, mold and fungi, and the relevance of these antigens in the environment, including the diet. They noted the response of fungal infections and "id" reactions to immunotherapy. Years ago, Dr. Alfred Zamm reported improvement in urticaria in some patients when they were treated with oral nystatin. In Toronto, Ontario, at the annual meeting of the Academy of Orthomolecular Psychiatry, 1977, Dr. Orion Truss presented his paper on the mental and neurological effects of *Candida albicans*. He outlined these concepts at the annual meeting of the American Academy of Environmental Medicine in Georgia in 1980. The relevance of this information went completely over my head at the time, but it captured the imagination of many of the doctors in attendance. Especially with the efforts of Dr. William Crook, there was a flood of information on the subject over the next few years. I remember Dr. Theron Randolph's warning during one lecture, that the "novice" will tend to blame too many clinical problems on yeast overgrowth, and will lose perspective on all of the other aspects of environmental medicine, including inhalant allergies, clean air, food and water.

There is still much interest in *Candida*, and current studies usually concentrate on changes in the immune system, and attempt to make the diagnosis of yeast overgrowth by measuring various antibodies. Except for those patients with obvious yeast overgrowth in the mouth, vagina, or on the skin, there is still no definite way to predict who is going to respond to the anti-yeast approach, and the diagnosis depends on the clinical picture and a trial of therapy. Everyone is taking a calmer, more realistic approach to the subject, and some of us are mindful of the little boy on the sidelines shouting out "But the Emperor is not really wearing any clothes!".

Also at the meeting in Georgia in 1980, Dr. Robert Gardner presented his ideas about phenolic compounds in foods. Testing

and treating people with these compounds is an alternative approach to working with more specific food antigens. Dr. Dennis Remington in Utah, and Dr. Abram Ber in Arizona successfully incorporated these concepts into practice. Phenolic chemicals are involved in many physiological reactions. In recent years, some chemicals have been found to be more relevant than others, and fewer chemicals have been necessary for use in testing and treatment. These concepts have been expanded to include neurotransmitters such as serotonin, dopamine and acetylcholine. A simpler dilution system was devised by Dr. Remington, and combined with electronic devices to measure skin resistance at acupuncture points, we have an entirely new way to influence how well a person's mind and body are working. All of this must be considered experimental at the present time, but it is exciting, and the passage of time will put it all into perspective.

At the 1985 meeting in Phoenix, Dr. Zane Gard of San Diego presented his studies of detoxification using exercise, daily saunas, niacin to encourage mobilization of fat, supplements of other vitamins, minerals and essential fatty acids, and extra fluids, salt and electrolytes to replace losses. There were further discussions of these ideas at the Florida meeting. There is no doubt that all of us have some chemical residues, especially in the body fat, as a result of various exposures over the years. Not only are we exposed to various chemicals in the environment, but we have some ongoing chemical exposures to whatever is being mobilized in our fat stores. Fat is not just static padding, but is an active tissue that is being broken down and replenished. Chemicals stored in fat can be in equilibrium with our blood. Before and after a few weeks of treatment, Dr. Gard measures changes in the blood level of various chemicals such as pesticides and organic solvents. He can therefore prove that his treatment is reducing the total body burden of these chemicals.

We must remember that some people are not sick because of chemicals, or because of chemicals stored in their body tissues. Therefore, this detoxification program is not the answer for everyone. It is not yet clear what to expect in those people who have developed a major problem of chemical sensitivity. These people will not necessarily lose their increased sensitivity to chemicals following the detoxification program. It is clear that the detoxification program can be dangerous. Fluids and electrolyte imbalance can be dangerous. Rapid mobilization of stored pesticides and solvents can be dangerous. No one using these approaches likes to give out many details of the program, and part of this reluctance is concern about the risks involved, especially without medical supervision.

Dr. William Philpott of St. Petersburg, Florida, presented a different method of reducing total body burden of chemicals using hyperbaric oxygen. He did not have enough time to give many of the details, except to show some of his data documenting the decrease in blood levels of various chemicals. I am sure that we will hear more about this method in the years ahead.

Those of us who are not particularly out of balance should be able to plan our own detoxification program. We know that exercise in the fresh air increases our metabolism and oxygen consumption, and stimulates the circulation to all of our tissues, not just muscles. The increased insensible loss of body fluid along with sweating carries out some wastes and toxins. Saunas should be safe if we use some common sense about the length of time in the sauna, and replacement of salt and water. Our own natural detoxification systems work better with clean air, clean water, and a nutritious diet of chemically less contaminated foods. We know the importance of drinking enough fluids to help the kidneys eliminate wastes, and we know the importance of efficient bowel function. Balanced supplements of vitamins and minerals can be taken as tolerated, and you can make sure you are getting enough essential fatty acids from natural foods and various cold pressed oils. If you suspect that occupational or other exposures have given you a heavy total body burden of various chemicals or pesticides, then you'd better be more careful in your attempts to get these out of your system.

One whole afternoon, and several other time slots in the meeting were devoted to psychological aspects of environmental illness. When I started studying clinical ecology, I was delighted to find factors in the physical environment for many symptoms that are usually attributed to anxiety, tension and depression. I was delighted to learn that these symptoms themselves can be the result of reactions to things in the environment. On the other hand, the onset of environmental illness, the beginning of increased sensitivity to ordinary things in the environment, can be associated with an overload of stressful life events. It is clear that psychological stress can use up your resistance, and make you more susceptible to ordinary foods, common chemical exposures, and inhalent allergens. Unload your system of various psychological stressors, or find healthy ways to manage this stress, and your resistance will improve.

Nancy Didriksen, Ph.D. candidate in Psychology, works with the patients in the Environmental Control Unit in Dallas. She gave another of her excellent talks on the concepts they use. There is a tendency for all of us to get into a psychological rut whenever we get any vague illness with no definite end point or time limit. This is in contrast to getting a fracture, knowing exactly what is wrong, and knowing about when you will be back to normal. The psychological rut can become a central part of the illness and can interfere with your recovery. The psychology team in the environmental control unit discourages any patients from continuously reviewing symptoms, projecting anger and blame on others, bemoaning their fate, using the illness to manipulate others, and engaging in negative thinking in general. They encourage the patients to focus on wellness and getting better, to accept responsibility for their own life events, to concentrate on the present, to have fun and laugh every day, to set realistic goals, to restructure faulty psychological defense mechanisms, and to establish positive attitudes about people around them and about life in general.

One interesting feature of the Environmental Medicine meeting is that there is no bias about growing older. In other medical meetings, not many speakers are over 60 years of age. At the meeting in Florida, Dr. Randolph, at age 80 years and still a leader in the organization, presented his ideas about detoxification and the new clinic he plans to build outside of Chicago. Dr. Harris Rosen, who must be about the same age, continues to present new research studies. At the present time, he is successfully "desensitizing" some patients to sulfites. The most senior lecturer was Dr. Linus Pauling, who at 85 years of age, is an excellent speaker with lots of energy and a good sense of humour. I know that at least one of these gentlemen is taking a lot of Vitamin C!

* * * * *

[Thanks, Dr. Blair. We can always count on you to find the time to keep the membership up to date on what's happening in the rest of the world. It's helpful to know we're not alone in the search for answers about our illness. Rainbows, hugs and grins, MMN]

SOMETHING TO THINK ABOUT

"Once a patient has reached the stage of exhaustion in the battle of adaptation to a particular substance, avoidance is the only remedy known so far. Substances that can aid resistance or block the allergy, when it affects the brain, have yet to be fully evaluated. It is interesting that the most successful major psychiatric tranquilizer, chlorpromazine (Largactil or Thorazine) is chemically derived from an antihistamine, a class of drug used to control the symptoms of hay fever and other allergies. So too was the popular antidepressant drug imipramine (Tofranil). The pharmaceutical subsidiary of Fisons, the agricultural chemical firm, has already developed a compound, cromoglycate (Intal), which, if taken daily, will prevent or reduce the number of attacks suffered by an asthmatic. I suspect that once the medical profession recognizes the importance of food and chemical allergy in the causation of mental and physical illness, the pharmaceutical industry will step up its efforts to develop drugs that will reverse or block allergic reactions rather than merely reduce the symptoms. The issue of Lancet dated 24 May 1975 carried a favorable report on another anti-allergic agent, Doxantrozole, that has been shown to be effective when taken orally, and Dr. Len McEwan of St. Mary's Hospital in London [England] has developed a vaccine effective against allergies to many foods." [Excerpted from NOT ALL IN THE MIND by Dr. Richard Mackarness, published in 1976 by Pan Books, London, England. MMN]

CHEMICALLY-SENSITIVE PEOPLE NEED HELP

by Kip Park

[The following article was published in the July 18, 1986 edition of THE WINNIPEG REAL ESTATE NEWS, and is reprinted with the permission of publisher, Wayne M. Pruden. Well done, Kip! MMN]

To some Canadians, the air they breathe is harmful to their health. There's a relatively small group of people which has developed sensitivities to chemical compounds the rest of us consider "normal". The result is that very often, these chemically-sensitive people can't live normal lives.

Greg Allen, a building design consultant from Toronto, estimates there are about 5,000 people in Metro Toronto who have these debilitating sensitivities - to the extent that they can't go to work in an office building, for example.

In extreme cases, even very small exposures to the chemicals that are released by normal plastics or plywoods can cause asthma attacks, dizziness and/or nausea.

"These people can be sensitive to conditions we can barely measure," Allen told delegates to the Renewable Energy Conference '86, held in Winnipeg June 22 to 25 and sponsored by the Solar Energy Society of Canada and the Biomass Energy Institute.

Allen and his company have specialized in designing and building houses for the chemically-sensitive. Special attention must be paid to building materials and finishing surfaces if these people are to live "normal" lives in their own homes.

For example, glass fibre insulation can't be used in walls or ceilings because that insulation contains a chemical binder which can set off a sensitivity attack. If glass fibre insulation is used, it must be totally sealed off, with no possibility that it will ever be disturbed. Plywoods and particle board can't be used in the house because they give off, among other chemicals, formaldehyde gas, which seems to be a major culprit in chemical sensitivities.

Even conventional drywall can't be used in houses for the chemically-sensitive because it contains fungicides to prevent mold growth; old-style lath and plaster walls must be built to avoid the chemicals, Allen said. And for the very sensitive, the concrete used in the floor slab must be specially-ordered because the conventional concrete contains chemicals that promote faster setting.

In these houses, special attention must be paid to ventilation, Allen said. "But we can't purify the air as we would distill water - that wouldn't be an acceptable environment.

"What we're really after is an atmosphere conducive to health. In the future, we may have to tailor our building design so homeowners can optimize the indoor air," Allen said. He noted that there is a great deal of biological activity in the air, as well as chemical. And in some cases, the biological micro-organisms may be causing allergic reactions.

That's why indoor relative humidity is so important. If it's too low, dust floats in the air and can be breathed by those sensitive to particles, causing a variety of reactions. If there's too much moisture in the air - when relative humidity levels rise above 50 percent - the moisture creates conditions conducive to mold growth, and molds and spores are notorious for causing allergic reactions.

Allen said that in houses he's designed for the chemically-sensitive, he's had to install elaborate and expensive filtration or treatment units to change the characteristics of the indoor air. To give an idea of how sensitive some people can be - even to natural materials - Allen told of a child who suffered a severe asthmatic attack about an hour after a single piece of redwood had been sawn inside the house. Redwoods, like cedars, are highly aromatic woods, and the fine dust from the sawdust triggered the reaction.

Allen noted that making a house "reaction-proof" is often an expensive proposition since extra labour and non-conventional materials are used. But very often there isn't any choice, if the individual and his/her family wants to lead a relatively normal life. He added that there's still a lot we have to learn about indoor air quality generally, and suggested that it will be a topic of discussion for a number of years to come.

* * * * *

SOMETHING TO THINK ABOUT

"While the U.S. Government has generally followed the lead of traditional allergists in downplaying the extent or severity of ecological illnesses, Federal agencies are beginning to provide research funding in related areas. In all honesty, ecological illness is quite difficult to understand and accept. Since it does not meet our traditional views of illness, it is no surprise that many people, including physicians, are tempted to pawn it off as 'all in the their heads', precisely the same fate met by any number of now-commonly-accepted chronic illnesses in the past." [Excerpt from POTENTIAL LIABILITY FOR INDOOR POLLUTION, presented at the 79th Annual Meeting of the Air Pollution Control Association, by Earon Scott Davis, in Minneapolis, Minnesota in June of 1986. Thanks for your ongoing advocacy, Dr. Davis. MMN]

OUR QUARTERLY MASCOT ... ERGY THE ALIEN
JUST VISITING THIS PLANET



STAY TUNED FOR THE FURTHER ADVENTURES OF THE ALIENS, AND OUR INTERPLANETARY TRAVELLER AND FRIEND ERGY (JUST CALL HIM 'AL').

If you'd like to write to Ergy (he loves postcards), or suggest a location he'd enjoy visiting, send your message c/o The Editor -

*Mary Merlin Nelson, 261 Campbell Street, Winnipeg, MB R3N 1B4

[*I'll make sure he gets it!]

EDITORIAL COMMENT

The time does and must come, when the ecologically ill but recovering patient attempts to reintegrate, readjust, and reenter the Real World, remembering all the while, The Hazards Of A Clean System. We have a tendency to forget we are vulnerable once we've started "healing" in earnest. We overdo, cause reactions, and then the stark reminder of how fragile we are (along with the withdrawal symptoms from an overload exposure) cause depressions and frustration for ourselves and our families.

Reintegration can be accomplished in many ways: short trips into grocery or department stores (taking care to avoid the perfume counters), bringing fabrics someone else has laundered with commercial laundry detergents into your home, or visiting a friend or family member who still believes "your allergies are all in your head" (and has the perfect environment for you to find out in), are but a few things the allergic patient can try.

Don't be depressed or intimidated if your tolerance seems extremely low, and your body more "brittle" than you'd hoped the first few times. You must gradually rebuild your tolerance threshold and adaptability to the chemicals that surround those who live outside your perfectly controlled and environmentally clean cocoon. You must resist the ever present temptation to just stay where you know you're safe. You'll need all your resources to prepare you for each new venture; all your reserve strength to see you through the first and most severe of your stimulatory/withdrawal reactions; all the humour you can muster as you sit curled up in your cotton blanket and mumble "This too shall pass" after every attempt at reintegration, but don't give up! Your body will adapt, bit by bit. The reactions will lessen and become more tolerable. You must believe that.

Keep your physician, clinical ecologist, or other medical supervisor informed of what you're doing. Tell your family and friends you're "stretching out" and may be a little on edge for a while. You'll find people are very supportive, and you'll find you're tougher than you thought you were. The only people who fail are those who stop trying!

Write and let us know how you're doing (and what you're doing) in your search for wellness. Tell us your story. Help us learn. Share a laugh. Make your resolution for 1987 A RETURN TO GOOD HEALTH THROUGH DETERMINATION AND DISCIPLINE. You can!

HAPPY NEW YEAR EVERYONE! Think RAINBOWS, and you'll find them!

Mary Merlin Nelson - Editor
H.E.F. CANADA QUARTERLY
261 Campbell Street
Winnipeg, MB Canada
R3N 1B4

F O R F U R T H E R I N F O R M A T I O N
Recommended Reading List

AN ALTERNATIVE APPROACH TO ALLERGIES by Theron G. Randolph and Ralph W. Moss, (paperback) Bantam Books #0-553-20830-6.

COPING WITH YOUR ALLERGIES by Natalie Golos and Frances Golbitz, (newly revised, updated and released in paperback) Fireside/Simon and Shuster, Inc., New York.

DR. MANDELL'S 5-DAY ALLERGY RELIEF SYSTEM by Marshall Mandell, M.D., and Lynne Waller Scanlon, readily available in paperback.

(1) ALLERGIES AND THE HYPERACTIVE CHILD, (2) ALLERGIES AND THE FAMILY, and (3) THE IMPOSSIBLE CHILD, by Doris J. Rapp.

SERIES OF HANDBOOKS ON ALLERGIES, FOODS, CHEMICALS, INHALENTS, by G. Joy Underwood, 1202-1175 Broadview Ave., Toronto, Ont. M4K 2S9

CANDIDA ALBICANS by Leon Chiatow, Thorsons Publishers Limited, Wellingborough, Northamptonshire, Great Britain.

CANDIDA, A 20TH CENTURY DISEASE by Shirley S. Lorenzani, Keats Publishing Co., New Canaan, Conn. U.S.A.

THE YEAST CONNECTION by William G. Crook, Professional Books, P.O. Box 3494, Jackson, Tennessee 38301, U.S.A.

WHY YOUR HOUSE MAY ENDANGER YOUR HEALTH by Alfred V. Zamm

IT'S ALL IN YOUR HEAD by Hal A. Huggings, D.D.S., P.O. Box 2589, Colorado Springs, Colorado, U.S.A.

BRAIN ALLERGIES: THE PSYCHONUTRIENT CONNECTION (1980) by W.H. Philpott and D.K. Kalita.

(1) CHEMICAL VICTIMS (#0 330 25937 7) and (2) NOT ALL IN THE MIND (#0 330 24592 9) by Dr. Richard Mackarness, (British imports) PAN Books (both available in paperback and worth hunting for).

HOW TO CONTROL YOUR ALLERGIES by Robert Forman, Ph.D., Larchmont Books #ISBN 0-915962-29-2.

QUOTE, UNQUOTE

"You will notice that I do not speak of allergy or addiction, but rather of a single entity - allergy/addiction. These two different aspects are as inseparable as heads and tails on a coin. Depending on which aspect is facing you, one or the other side may be more obvious but the obverse is always there."

[Warren Levin, M.D., "Allergy-Addiction to Foods and Chemicals", LET'S LIVE magazine, June 1976, p.29]

PUBLICATIONS AVAILABLE FROM HUMAN ECOLOGY FOUNDATION
H.E.F. HEAD OFFICE, 46 Highway 8, Dundas, Ontario, Canada L9H 4V9

BOOK LIST

PRICES INCLUDE POSTAGE AND HANDLING CHARGES

	Canada	U.S.A.
CLINICAL ECOLOGY: A NEW MEDICAL APPROACH TO ENVIRONMENTAL ILLNESS by Iris R. Bell, M.D., Ph.D.	\$ 8.00	\$ 8.25
TRACKING DOWN HIDDEN FOOD ALLERGY by William Crook, M.D.	\$ 9.75	\$ 11.00
COMMON SENSE FOR THE SENSITIVE by John G. MacLennan, M.D.	\$ 11.00	\$ 13.00
COMMON SENSE COOKBOOK FOR THE ECOLOGICALLY SENSITIVE by the H.E.F. Hamilton Branch	\$ 18.00	\$ 20.00
Rotation Diet Cookbook by the H.E.F. Toronto Branch	\$ 9.00	\$ 10.00
THE TYPE 1/TYPE 2 ALLERGY RELIEF PROGRAM by Dr. Alan Levin & Merla Zellerbach	\$ 20.00	
DETOX by Dr. Phyllis Saifer & Merla Zellerbach	\$ 21.00	

* * * * *
A N I M P O R T A N T A N N O U N C E M E N T
* * * * *

THE THIRD ANNUAL SYMPOSIUM ON MAN AND HIS ENVIRONMENT will be held in Ottawa, Ontario, Canada, on April 3rd and 4th, 1987.

It will be sponsored by THE CANADIAN SOCIETY FOR CLINICAL ECOLOGY AND ENVIRONMENTAL MEDICINE, and by HUMAN ECOLOGY FOUNDATION OF CANADA.

There will be many guest speakers, and the focus will be on chemicals in the air, food, and water.

The meeting is being organized by Mrs. Linda J. Brooks and by Dr. John G. MacLennan. FURTHER INFORMATION IS AVAILABLE from Head Office, Human Ecology Foundation of Canada, 46 Highway 8, Dundas, Ontario, CANADA L9H 4V9.

We invite enquiries from doctors, nurses, and other health care professionals, including medical and pharmaceutical students. Let's all get involved in learning, and in the sharing of current knowledge and new research affecting MAN AND HIS ENVIRONMENT. Remember these dates: April 3rd and 4th, 1987. We will look forward to hearing from you, and urge you to register early. Contact H.E.F. today, and join us in Ottawa in '87!

* * * * *

HUMAN ECOLOGY FOUNDATION OF CANADA INVITES NEW MEMBERS

If you'd like to join H.E.F. Canada, please fill in this form and send it to your nearest branch office. We're happy to welcome members to our NEWEST BRANCH in Moncton, New Brunswick! BRAVO!

HEAD OFFICE/DUNDAS/HAMILTON
46 Highway 8,
Dundas, Ontario,
Canada. L9H 4V9.

WATERLOO-WELLINGTON BRANCH
11 Drew Avenue,
Cambridge, Ontario,
Canada. N1S 3R2.

H.E.F. OTTAWA BRANCH
P.O. Box 11428, Station H,
Nepean, Ontario.
Canada. K2H 7V1.

H.E.F. TORONTO BRANCH
65 Dolly Varden Blvd.,
Scarborough, Ontario,
Canada. M1H 2K2.

H.E.F. MONCTON BRANCH
R.R. 4,
Moncton, New Brunswick.
Canada. E1C 8J8

MEMBERSHIP APPLICATION (including subscription to THE QUARTERLY).

(Please Print).

MS. MISS MRS.
MR. DR. (Name) _____

A D D R E S S _____

Postal Code _____

P H O N E Area Code _____ Number _____

I am enclosing a _____ cheque _____ money order for twenty dollars (\$ 20.00) to cover one year's membership, including four editions of the H.E.F. Canada Quarterly. WHAT A BARGAIN! I want to get involved in saving our Endangered Species. (Optional) In addition, I am enclosing a donation of \$ _____ to further the purposes of the Foundation. All donations are tax-deductible as charitable donations.

PLEASE NOTE: H.E.F. CANADA does not make its mailing list available to commercial sources or members of the public, but if you'd like your name to be given to an HEF member seeking contact with others in your area, tell us. NEW BRANCHES ARE WELCOMED TOO! Further details are available from H.E.F. Canada's Head Office.